COMPLEXITY OF HUMAN EMOTIONS TUESDAY NOV 10th

BY GUILLERMO With help from GOOGLE

1. ANGER IS a natural human emotion that can be expressed in several distinct ways. Psychologists and counselors commonly categorize these types based on how the emotion is communicated or experienced.

2.TYPES OF ANGER

=EXPRESSION STYLES

• **Passive-Aggressive Anger**: Hiding or repressing feelings, then expressing them indirectly through sarcasm, stubbornness, silent treatment, or procrastination.

• **Openly Aggressive Anger**: Directing hostility outward through shouting, insults, property destruction, or physical violence to intimidate or hurt others.

• **Assertive Anger**: Communicating feelings calmly, directly, and respectfully while setting healthy boundaries without attacking others.

= **FUNCTIONAL AND BEHAVIORAL TYPES**

• **Chronic Anger**: A long-term, persistent state of resentment or bitterness that damages physical and mental health.

• **Volatile / Explosive Anger**: Sudden, unpredictable, and intense outbursts of rage that often feel disproportionate to the trigger.

• **Judgmental Anger** (Righteous Indignation): Anger driven by moral superiority, criticism, or blame when core values or fairness are perceived as violated.

• **Overwhelmed Anger**: Outbursts triggered by extreme life stress, burnout, or a lack of self-care.

• **Self-Abusive Anger**: Anger directed inward, resulting in negative self-talk, shame, guilt, or self-harm.

• **Retaliatory Anger**: Vengeful or revenge-driven responses aimed at "getting back" at someone who caused harm.

You can learn more about behavioral patterns and clinical definitions through resources like Verywell Mind or specialized guides on Montreal CBT Psychologist.

3.PROS AND CONS OF ANGER

ADVANTAGES OF Anger

• **MOTIVATION AND GOAL PURSUIT:** Anger activates the brain's approach system, giving you energy, determination, and focus to overcome obstacles or tackle difficult tasks.

• **BOUNDARY PROTECTION AND SELF-DEFENSE**: It acts as an evolutionary "fight-or-flight" response that mobilizes you to protect yourself, stay safe, or defend against physical and psychological harm.

• **STANDING AGAINST INJUSTICE**: Anger provides the emotional drive to challenge unfairness, discrimination, or mistreatment of yourself and others.

• **PROBLEM-SOLVING AND NEGOTIATION**: Brief, respectful, or assertive expressions of anger can clearly signal unmet needs, prompt conflict resolution, and help you negotiate better concessions from others.

• **SELF-INSIGHT**: Reflecting on what makes you angry can reveal hidden personal triggers, unresolved past wounds, or areas in your life that need change.

DISADVANTAGES of Anger

• **CARDIOVASCULAR AND PHYSICAL STRAIN**: Intense anger triggers a massive release of stress hormones like adrenaline and cortisol, sharply raising heart rate and blood pressure. The risk of a heart attack or stroke increases significantly within two hours of an angry outburst.

• **DIGESTIVE AND IMMUNE DISRUPTION**: Chronic fight-or-flight activation disrupts gut function (linked to Irritable Bowel Syndrome, Gastroesophageal Reflux Disease, and abdominal pain), alters the gut microbiome, and suppresses immune response.

• SLE**EP AND MENTAL HEALTH ISSUES:** Unchecked anger is strongly correlated with insomnia (increasing sleep disturbance risk by 40% to 70%), heightened anxiety, chronic stress, and depression.

• **DAMAGED RELATIONSHIPS**: Frequent rages, aggressive communication, or passive-aggressive behavior erode trust, drive away friends and partners, and lead to social isolation.

• **IMPAIRED DECISION-MAKING**: Intense anger can cloud judgment, lower emotional intelligence in the moment, and cause you to say or do things you later regret.

4. HISTORICAL EVENTS TRIGGERED BY ANGER HAVE BEEN, MULTIPLE SOME WERE PRODUCTIVE e.g. SUFFRAGETTES, STONE WALL RIOTS 1969, WHEREAS OTHER S WERE NON PRODUCTIVE e.g. FRENCH REVOLUTION REIGN OF TERROR 1793-94, TREATY OF VERSAILLES 1919-1933. **YOU MAY BRING MORE EXAMPLES** TO OUR NEXT SESSION,

=AN AGE OF RAGE? A HISTORICAL PERSPECTIVE ON ANGER |

https://historyatkingston.wordpress.com/2026/02/08/an-age-of-rage-a-historical-perspective-on-anger-2/

5.QUESTIONS

1. **WHAT TRIGGERS MY ANGER?**
   Eg INJUSTICES, DENIAL OF ABORTION TO 11 YR RAPED GIRL

2. **WHAT IS THE MOST FREQUENT TYPE?** E.G. PASSIVE AGGRESSIVE

3. **DO YOU AGREE WITH THE PROS AND CONS?**

4. FRONTAL LOBE MODULATES ANGER. **HOW IS MY ANGER MANAGEMENT? E.G. GOOD, BAD, DEPENDS**

5. **WHAT HISTORICAL EVENTS TRIGGERED BY ANGER WERE PRODUCTIVE E.G. SUFFRAGETTES OR NONPRODUCTIVE E.G. FRENCH REVOLUTION**